



FREE Smoking Cessation Classes

Offered by the Frederick County Health Department
350 Montevue Lane, Entrance D, room 2-139

Sessions offered in January

Morning: Jan. 4th –Feb. 1st

Mon/Wed 10:30 – 11:30

Afternoon: Jan. 4th – Feb. 1st

Mon/Wed 3:00 – 4:00

(No classes meeting Jan. 16th – Martin Luther King Day)

Stop Smoking For Life Topics Include:

- ⊗ Nicotine Addiction
- ⊗ Preparing to Quit
- ⊗ Coping with Withdrawal
- ⊗ Dealing with Stress
- ⊗ Relapse Prevention

Free Nicotine Patches or Gum Provided

To register call:

301.600.3390

or

301.600.3311